



THE TALKING DRUM

LIVE LEARN GROW



GLENROSE COMMUNITY FARM

Chickens, Goats and More!

On Saturday February 9th, Glenrose Gardens welcomed some very special new residents. After months of preparation – constructing fencing, a chicken coop and a goat house, we were finally able to open our Community Farm with 11 chickens and 2 goats. The chickens have already started laying eggs and dozens of fresh eggs are currently being sold every week to residents on a first come, first serve basis. We look forward to our goats producing milk as well so we can share fresh milk and derived products with the entire community.

Residents, young and old, have been stopping by to interact with the chickens and goats. From curiosity to amusement, surprise to appreciation, the animals have definitely spurred the interest of many and we hope this will motivate many more residents to get involved with the activities of the community farm.

As always, you can reach out to our Resident Community Organizer, Atiba Jones to learn more about volunteer opportunities and upcoming events – community.glenrose@gmail.com

Message to the Community

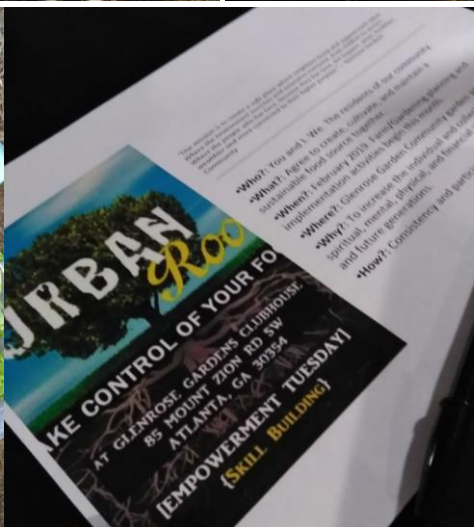
The month of February was a month filled with activities centered around helping our community appreciate our connection to the food we eat. In addition to the expansion of the Community Garden, we organized an Urban Roots workshop. Presented as a part of the Empowerment Tuesdays series, the workshop was designed to encourage and teach people how to take control of the food that they eat.

It addressed reasons why it is important to grow our own food and the harms of much of the food that is available in grocery stores, especially in low-income neighborhoods. The workshop also included an overview of some of the basic steps of agricultural production, different types of gardening, and the types of food that grow well in Georgia.

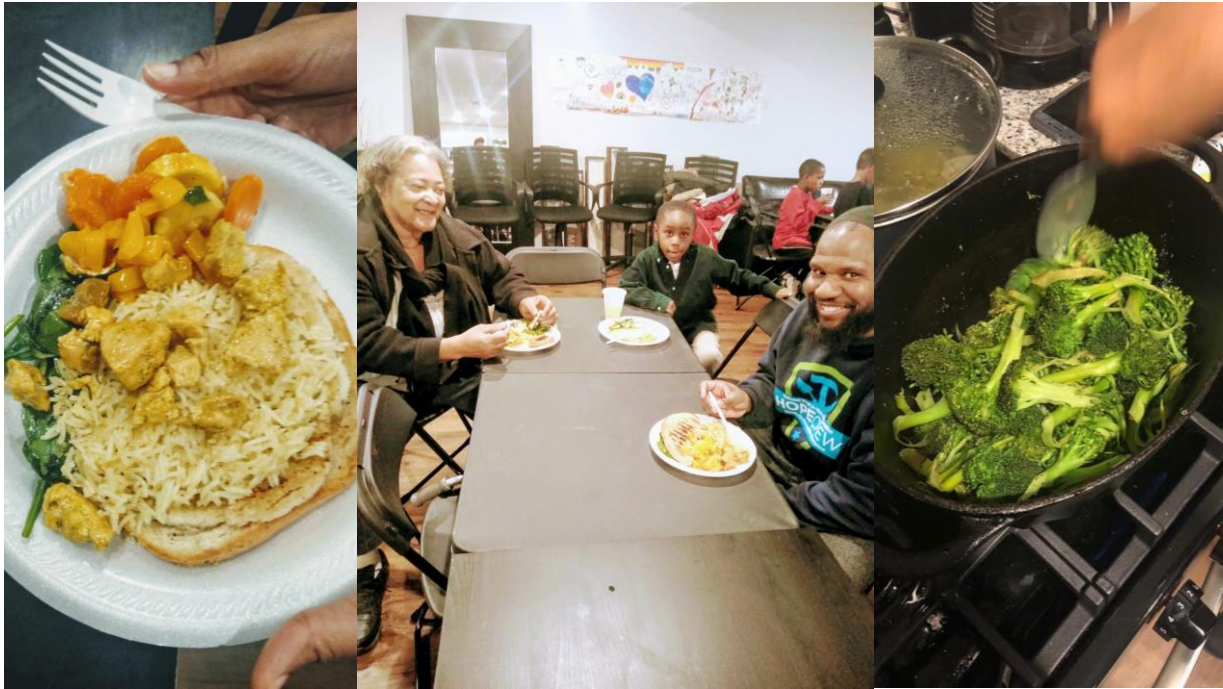
Taking ownership of the food we eat is a big part of our Wellness programming here at Glenrose. Besides this workshop, we regularly organize activities for children in the community to be exposed to the various stages of the food growing process: from planting to harvesting. This month was also our first big harvest. With the help of children volunteering, we enjoyed broccoli, collard and mustard greens fresh from our garden to our tables at the weekly Sunday dinners.

Starting in March, we will begin holding weekly **"Farm Days" every Saturday morning**. Residents will have a chance to get involved with caring for the animals and crops in the community while gaining some gardening skills. Stay tuned for more details!

FOOD AND WELLNESS @GLENROSE



SUNDAY DINNERS



Sunday Dinners happen every **Sunday from 5:00 to 6:30 pm.**
Please join us for some good food and good company!

DISCOVERY FRIDAYS



Making masks



Feeding the goats

VOICES OF INSPIRATION

“An Anthem” by Sonia Sanchez

[...]

*we are people made of fire
we walk with ceremonial breaths
we have condemned talking mouths.*

*we run without legs
we see without eyes
loud laughter breaks over our heads.*

*give me courage so I can spread
it over my face and mouth.*

*we are secret rivers
with shaking hips and crests
come awake in our thunder
so that our eyes can see behind trees.*

*for the world is split wide open
and you hide your hands behind your backs
for the world is broken into little pieces
and you beg with tin cups for life.*

*are we not more than hunger and music?
are we not more than harlequins and horns?
are we not more than color and drums?
are we not more than anger and dance?*

[...]



GLENROSE COMMUNITY BUSINESSES



TOP ORGANIC & NATURAL PRODUCTS

ALL YOUR NATURAL PRODUCT ESSENTIALS

Stock Up On:

HERBS | SPICES | SEASONINGS | DRIED FRUITS | DRIED VEGETABLES | TEAS | COFFEES | DRINK MIXES | COOKING INGREDIENTS | BAKING FLAVORS | ESSENTIAL OILS | NATURAL PERSONAL CARE | PET CARE | BABY CARE | HOUSEHOLD PRODUCTS | KITCHEN ACCESSORIES | NATURAL GIFTS

Visit our Online Store at SinewyNaturalProducts.com for Natural Product Information and to Shop our Store. Call or Text 256-258-8576 with questions.

NARD & JAY MOBILE DETAILING CAR WASH



Contact us @404-200-6476

MOTHER EARTH SHEA NATURAL & CUSTOMS SHEA BUTTERS



Contact us @ 678-232-4468 or on Facebook @Natasha Hart

Have a small business you would like to feature in the next newsletter? Please email us a description and pictures to community.glenrose@gmail.com

Recipe of the Month

Coconut Curry Collard Greens

What you will need

2 Tbsp coconut oil
2 medium shallot
3 cloves garlic
1 tsp minced ginger
2 bundle collard greens (large stems removed, chopped)
1/2 cup coconut milk
Vegetable broth
2 tsp curry powder
Sea salt

How to make it

- Heat a large metal or cast iron skillet over medium heat. Once hot, add coconut oil, shallot, garlic and ginger. Sauté for 2-4 minutes.
- Add collard greens, half of the curry powder and a healthy pinch sea salt. Stir to combine and reduce heat slightly to medium-low.
- Cook for 4-5 minutes, stirring occasionally, or until greens appear tender but not mushy.

Have a favorite recipe you would like to share? Just email it to community.glenrose@gmail.com or drop it at the Management Office.



Reminders

Parking

Parking rules are being fully enforced and improperly parked vehicles will be towed. Only park in spaces marked with white lines, not along curbs. Parking permit decals will be required starting in May.

Quiet Hours

The common areas of the community are closed between 10:00 pm and 6:00 am. During quiet hours residents should only use common areas to enter or leave their homes



Wellness Center

Keypad Code for March

Enter **01601** then press the red logo to unlock the door. Only residents 18 and above can use the Wellness Center.



Questions, Compliments or Complaints

Our aim is to ensure that all residents receive excellent service from the staff. The management team, under Gloria Lewis, is responsible for **all community operations**. We ask that all residents direct their request for anything related to their unit or community operations to the management staff. If there is a special issue (not something related to maintenance, rent, operations, etc.) then the ownership team can be reached via email at ownership.glenrose@gmail.com. Penalties will be assessed to residents who misuse this contact.

OUR PEOPLE: **MEET OUR COMMUNITY CAPTAINS**

Glenrose Gardens is establishing a team of Community Captains that will work in close collaboration with Atiba, our Community Organizer, to lead many of the Community Building activities. Six Community Captains have been selected so far. In this edition of the Talking Drum, meet two of our Captains!

Tony McMurray

Tony McMurray is a Project manager, Web Developer, Photographer, Educator, Trainer, Publisher and facilitator. Starting in 1987, he has devoted his time working with young people, adults, and organizations supporting and encouraging personal growth and maximum achievements including the Atlanta Chamber of Commerce.



He has published two guides on personal development. Today Tony is the CEO of Career Choice International a non profit dedicated to increasing the number of people of color working in the area of technology.

Sheila Appling

Sheila Appling is a native of Atlanta. She attended college in St. Louis Mo., and received a Bachelor of Arts degree in Media Arts majoring in Journalism. Upon completion of college she returned to Atlanta and worked for “Able” Mable Thomas as a legislative aid. She continued her commitment to community involvement by working as a junior campaign manager for Dr. D.F. Glover’s School Board campaign. During that time, she became employed by the Atlanta Public School. Currently she serves as the President of the Parish Council, Youth Minister and teacher at St. John the Evangelist Catholic Church. She is a member of Zeta Phi Beta.



Upcoming Events

Discovery Fridays

Fridays at 5pm @ the Clubhouse or on the Green

Sunday Dinner

Sundays from 5pm to 6:30 pm @ the Clubhouse

Farm Days

Saturdays at 10 am on the Green

Community Market

Saturday April 6th – 4pm to 7pm

Screen on the Green

Saturday April 6th at 7pm

If you would like to inquire about any of these events, please send an email to community.glenrose@gmail.com.